



THE WHALE WATCH

"Looking Out for Yourself and Others"

January 2020

Improving Life Satisfaction

The New Year is here and for many that means reexamining and creating new goals and aspirations. At the heart of these goals are values. Values serve an important role in motivating you to follow through with these goals and are at the core of improving life satisfaction.

In this issue:

- The Significance of Values
 - Assessing your Personal Values and Awareness
 - "One Good Thought" Technique
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"I'd like you to check my
Core Values."

Values are beliefs that define what is most important to you. They serve as motivators, guides in decision-making and give you a sense of purpose. Values tend to change as you transition through life and when our values are challenged it can lead to stress and anxiety.

Interested in exploring your values? The Barrett Values Centre offers a free online [Personal Values Assessment](#) that helps you become more aware of your values and how they influence your decisions and actions.

This [assessment](#) only takes a couple of minutes to complete and results are emailed along with additional exercises to help you gain greater awareness about your values.

"One Good Thought" Technique

The "One Good Thought" Technique is a simple technique that gives meaning and

definition to our values. It allows you to be reminded of your values during times when you might struggle by giving you the extra push you might need.

(Time required: 5 minutes)



1. **Identify a goal or habit** you want to work on. Try and make it specific, such as exercising three times per week, making time for friends once a week, or setting aside time several times a day for mindfulness practices such as meditation, deep breathing, progressive muscle relaxation or guided imagery.
2. **Now think of your values.** These can be anything from family, health, work, honesty, relationships, spiritual, etc. If you are having difficulties, think about what is important to you and refer to this [values clarification list](#).
3. **Write 1-2 paragraphs** about why the values are important to you.
4. **Create a short phrase or word** to represent why you are changing to serve as your “one good thought technique.” For example, it might be something like “healthy feels good” or as simple as “friendships.”
5. **Use this “One good thought”** as your motivator.

Center for Student Wellness and Counseling
Services

Counseling@neomed.edu
330.325.6757 | neomed.edu/cswc

National Suicide Hotline 800.273.8255
Crisis Text Line 741-741

